

## Saddle Up CrossFit- Gym & Nutrition Coaching in Decatur, Tx - Decatur

decatur

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## *Saddle Up CrossFit- Gym & Nutrition Coaching in Decatur, Tx - Decatur*

### **Welcome to Saddle Up CrossFit: A Unique Fitness Center in Decatur, TX**

Saddle Up CrossFit, located in the heart of Decatur, Texas, is more than just a fitness center; it's a vibrant community dedicated to health, fitness, and personal growth. With its welcoming atmosphere and exceptional coaching, it's a perfect environment for individuals of all fitness levels.

### **Accessibility for Everyone**

One of the standout features of Saddle Up CrossFit is its commitment to **accessibility**. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can participate in the fitness journey regardless of their physical abilities. This inclusivity has created a supportive environment where members feel at home.

## **A Family-Friendly Environment**

Saddle Up CrossFit is not just great for adults; it's also **good for kids**! Parents can rest assured knowing that their children are welcome and catered to with specialized classes. Many members have expressed how their kids love participating in fitness camps and classes, nurturing a passion for health from an early age.

## **Community and Support**

The culture at Saddle Up is centered around community, support, and personal growth. New members often remark on the warm welcome they receive from staff and fellow gym-goers. As one member stated, "From the moment you walk through the door, you can sense that the culture is about community, support, and growth." This sense of belonging motivates individuals to push through their fitness challenges and reach their goals.

## **Expert Coaching and Nutrition Guidance**

The coaches at Saddle Up CrossFit are highly experienced and dedicated to helping each member achieve their personal fitness objectives. They provide individualized coaching, focusing on correct techniques and personalized modifications. In addition to fitness coaching, Saddle Up offers **nutrition coaching**, which many members have found invaluable in transforming their health. As one member shared, "I wish I had signed up for nutrition coaching much sooner! I was seeing progress in the gym, but really noticed positive changes in body composition after we incorporated nutrition."

## **The Perfect Place to Start Your Fitness Journey**

For those who might feel intimidated by the idea of CrossFit, Saddle Up emphasizes that fitness is for everyone. Members often express how they were made to feel comfortable regardless of their starting point. One new member remarked, "CrossFit always seemed so intimidating to me, but I was completely wrong. The community here is like family."

## **Conclusion**

Saddle Up CrossFit is a fantastic place to embark on your fitness journey—whether you are a seasoned athlete or just starting. With its **wheelchair-accessible features**, family-oriented classes, supportive community, and expert coaching, you will find everything you need to succeed. Join the Saddle Up family today, and discover a new passion for fitness that

goes beyond the gym!

### **We are located at**

398 Co Rd 4280, 76234 Decatur, Texas - United States (US)

The contact line of the mentioned **Fitness center** is +1940-427-7254

And if you want to send a WhatsApp, you can do so at +1940-427-7254

### **We open at the following schedule:**

Day Hours

Monday

9–10:30?AM

Tuesday

Closed

Wednesday

7–10?AM

Thursday

5–9:30?AM 4:15–6:30?PM

Friday

5–9:30?AM 4:15–6:30?PM

Saturday

5–9:30?AM 4:15–6:30?PM

Sunday

5–9:30?AM 4:15–6:30?PM

The website is Saddle Up CrossFit- Gym & Nutrition Coaching in Decatur, TX

If you require to alter any information that you think is not correct regarding this page, please deliver a message so that we will adjust it as soon as possible. Thanks beforehand thanks for your cooperation.

## **Images**



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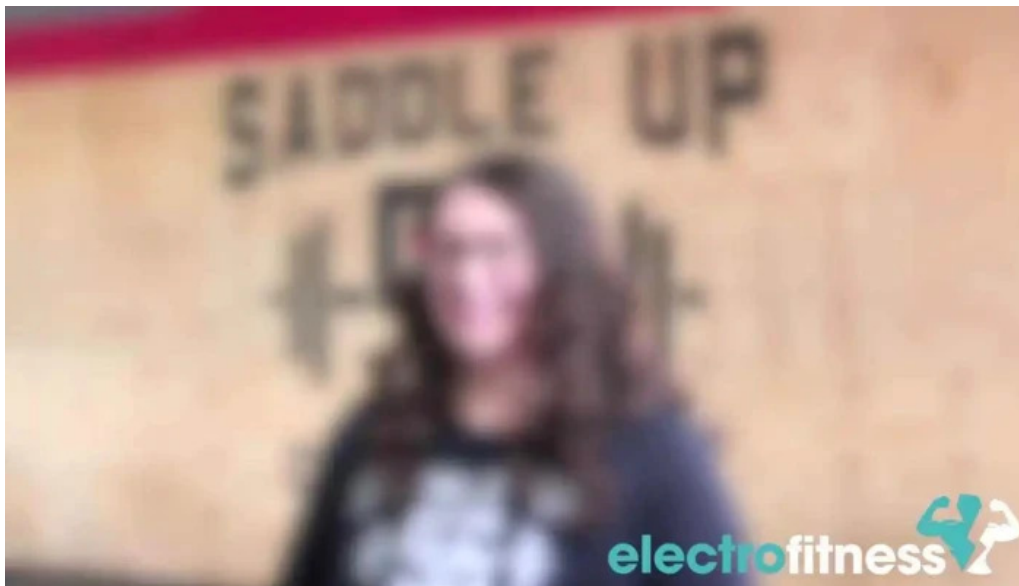


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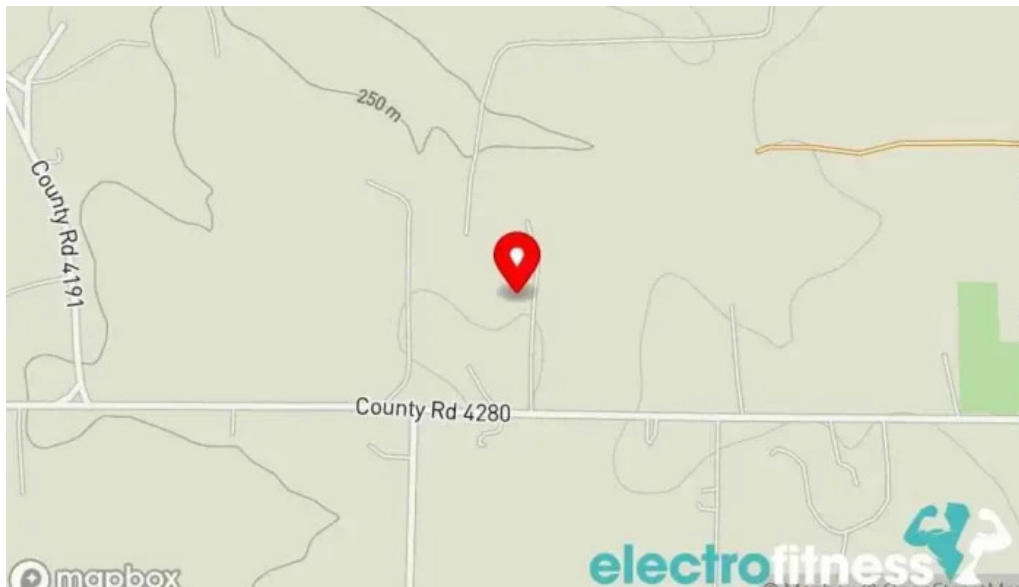
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*Saddle up crossfit gym nutrition coaching in decatur tx area*



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## Tags

*Wheelchair-accessible car park, Good for kids, Accessibility, Wheelchair-accessible entrance, Children*

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apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club

dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel



ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
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psychotherapist
public educational institution
public library

public swimming pool
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rehabilitation center
resort hotel
restaurant
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training centre
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water park
weight loss service

weightlifting area
wellness center
wellness program
women's organization
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yoga studio
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